



19. Sondershäuser Kristall-Lauf  
Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Freitag, Florian

Club: Lautertal  
Number: 112

Course: 10.50 km  
10 km (680 m unter der Erdoberfläche)

Category:  
Männer 30 bis 39 Jahre

Total time: 51:35

Speed: 11.63 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 97 (of 389)

Rank in course/Men: 88 (of 301)

Best time in course: 32:58

Rank in category: 30(of 68)

Best time in the category: 32:58

Intermediate times

Stage score

Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time  |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Rundenzeit | 2.10        | 13:30         | 6:25            | 65          | 7:08           | 256         | 7:08          | 2.10  | 13:30 | 6:25            | 65          | 7:08           | 256           | 7:08          |
| Rundenzeit | 2.10        | 9:05          | 4:19            | 14          | 2:33           | 44          | 7:27          | 4.20  | 22:35 | 5:22            | 45          | 9:41           | 171           | 9:41          |
| Rundenzeit | 2.10        | 9:34          | 4:33            | 16          | 2:54           | 51          | 2:54          | 6.30  | 32:09 | 5:06            | 40          | 12:35          | 122           | 12:35         |
| Rundenzeit | 2.10        | 9:55          | 4:43            | 17          | 3:15           | 53          | 3:15          | 8.40  | 42:04 | 5:00            | 35          | 15:50          | 101           | 15:50         |
| Finish     | 2.10        | 9:31          | 4:31            | 14          | 2:47           | 39          | 2:47          | 10.50 | 51:35 | 4:54            | 30          | 18:37          | 88            | 18:37         |